# Fort Erie Times





Races will go on

Fort Erie Race Track will see 2014 racing season



**Family Day** 

There's plenty to do with the kids for Family Day



Fort Erie Meteors host Kids' Night





February is Heart Month

Sarah Ferguson Fort Erie Times

Brianna Spratt thinks it's never too early to start think-

ing about heart health.
That's why 23-year-old
Spratt continues to volunteer for the Heart and Stroke
Foundation.

A resident of Fort Erie, Spratt has been volunteering for seven years and currently serves as a captain for the Heart and Stroke's doorto-door canvassing fundraiser.

February is Heart Month, and all month long. Spratt is overseeing about 10 volunteers who go door-to-door collecting donations and educating people about the Heart and Stroke Foundation.

The canvassing campaign is important because volunteers offer pamphlets and plenty of information about heart health, statistics and where every penny of every donation goes to, Spratt said.

Volunteering for the organization is close to Spratt's heart because she is interested in promoting heart health. Spratt graduated from Niagara College with a diploma in Health and Fitness Promotion, and a bachelor's degree with honours in Kinesiology from the University of Gueloh.

SARAH FERGUSON Fort Erie Times

Brianna Spratt encourages the community to learn more about their heart health during Heart Month.

See Page 3



#### Wynne announces full funding for 2014 season at Fort Erie Race Track

Sarah Ferguson Fort Frie Times The Fort Eric Race Track son after all. Premier last Friday.

will see a 2014 racing sea- Kathleen Wynne announced

Although he is pleased

Fort Erie's 116year-old racetrack will come alive once the horse racing season begins, PC leader Tim Hudak said Wynne's announcement

the Feb. 13 byelec-The future of Fort Erie's track has been grim after a three-party panel suggested dropping the track from the list of regularly funded

the season will go

ahead is linked to

The Fort Erie Live Racing Consortium developed a plan for the Year of the Horse Festival in response to a new five-year, \$400-million sustainability plan for the Ontario horse-racing industry outlined by Premier Kathleen Wynne last October

in an effort to save the race-Track officials are still waiting for the green light from the province to move forward with the festival. Hudak said the premier is only spending this money because she is in campaign

Hudak went on to blame NDP Leader Andrea Horwath for her support of the Liberal budget.

"It was the weak and indecisive leadership of the NDP that allowed the slots to be taken out of the Fort Erie racetrack. They're the ones that supported that budget," Hudak said. "Half of those job losses are on

Andrea Horwath's back." Hudak said a long term solution, which includes putting the slots-at-racetrack program back, is important for the sustainability of the Fort Erie Race Track. In a press release, Liberal

candidate Joyce Morocco said she is "delighted" with the news the racetrack will see another season.

See Page 12



SHOP EARLY! MANY ONE-OF-A-KIND **DEALS WHILE** THEY LAST!

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# The heart is the most vital organ in a person's body

From Page 1

With a strong background in health. Spratt said it's

important to encourage the community to become more

"I've had a lot of people that I know that have had

different heart conditions."

Spratt said of why she choose

to volunteer for the founds-

tant to a person's health and

everyone knows someone

that has been affected,

whether it's a member of the

family, a friend or them-

Stroke Foundation because "it's important to give back to the community." Through her volunteer work, Spratt said she hopes to

selves," she added. Spratt thinks it's

important to volunteer for the Heart

encourage youth to become more con-

cerned shout heart health. She works

with schools across

the Niagara region to promote fund-

raisers such as Jump Rope For Heart for the Heart

"My goal is to try

to promote heart

need to work it out

just like any other

There are a vari-

ety of ways people

can improve their

heart health such

as eating right, talk-

ing to a doctor and exercising.

can take small steps

to improve their

Walking is great.

heart health.

Spratt said people

part of the body."

Spratt added.

and Foundation

Stroke

and

The heart is very impor-

aware of heart health

simple as taking a leisurely walk with a buddy."

For more information with the Heart and Stroke 8800 or visit www.heartand-about how to get involved Foundation call 905-938- stroke.ca.

sarah.ferzuson@sunmedia.ca

#### **Heart Health**

· Every seven minutes in Canada, someone dies from heart disease or stroke

· Heart disease and stroke costs Canadians more than \$20.9 billion every year in physician services, hospital costs, lost wages and decreased productivity.

· Since 1952, the cardiovascular death rate in Canada has declined by more than 75% because of research advances in surgical procedures, drug therapies and prevention efforts.



· Heart disease and stroke are two of the three leading causes of death in Canada.









#### health by being active, having fun and finding ways to play," she said. INCLUDED IN ALL OUR PRICING MAINTENANCE SPECIAL "The heart is a muscle and you Includes\*

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#### People think they have to run or do push-ups to be heart healthy,"

Spratt said. But being heart healthy can be as





Bouquet for an angel in

disguise A bouquet for a kind person. On Jan. 31, I left my purse in the buggy at a local grocery

store and I want to thank the wonderful person who turned it in to the store where retrieved it totally intact. You are a kind. thoughtful person whose wings must be well hid. thank you again so very much for being

VOII Bouquet for a kind pedestrian A bouquet for the

person who stopped to assist me when I was hurt. On Jan. 15. I fell on Jarvis St and broke my ankle.

A kind lady stopped to assist me and called 911 and she staid with me until the ambulance arrived. Others also offered to assist me. Everyone that day were so kind and helpful and I would like to thank you all for your support. I'm very grateful to you all.

Brick for drivers who could stop to help but didn't

A brick for all of the people who saw two people stranded in their car on the Corner of Gilmore and Sunset Rds. and didn't stop, even if Send your bricks & houquets to: sarah.ferguson@ 905-871-3100

sunmedia.ca or phone: ext 210

they could help. I came across we can to make it better.

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joe@forterierenalssance.com 516 Garrison Road, Fort Erie

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the stranded drivers at about 7 p.m. and they were holding a piece of paper against the driver's window. I felt terrible for not stopping, but being

alone, I couldn't stop. Please get a cell phone and I sure hope you didn't have to wait too long for help.

Brick for people who dispose of their garbage in the wrong place

A brick for all the people who do not know that a local store is closed now and the garbage bins are gone, or don't care. They still drop off their garbage where the bins use to be. How would you like it if people started dropping off their garbage on your property and maybe

have rats on your property. Don't be so cheap take your garbage to the dump!

Brick for people who don't vote

A brick to all the people who won't vote in the byelection this week, but choose to complain when our political lead-

ers impose changes that they don't like. I am so sick of people complaining. and now doing anything to make the situation better. If we want change, we have to do it ourselves. Life is what you make of it, and

we should do what

SARAH FERGUSON Fort Erie Times Our Lady of Victory Grade 5 student Mena Nasief shared his passion for space when he gave a speech in front of his neers last Wednesday. He was one of more than 30 OLV students in Grades 4 to 6 that participated in the Speak Out Festival, a speech contest. The top junior and senior speakers from the event will go on

to compete in a school

board speaking contest

against students from

other schools in the

Niagara Region.



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Fort Erie council approved its 2014 operating and capital budgets Monday night. The Town of Fort Erie's taxes are set to rise 2.72%, or \$24 per household on average this

At \$20.56 million, the operating budget came in at less than 2013 figures due to an increase Partnership Fund agreement with the province.

Additional supplementary budget requests saw the final general levy increase to \$21.5 milWhen the school boards' and Niagara Region's budgets are factored in, the munici-pal taxes will rise by about 1%. This year's budget increase is the lowest budget increase in eight years for Fort Erie residents.

Key projects for 2014 include the replacement of heavy rescue equipin the Ontario Municipal ment used by the fire department, a new roof for the Crystal Ridge Arena and improvements to the Thunder Bay storm sewer and Schooley Rd. storm

sewer outlet and drain.

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Valentines Day

is Feb. 14th



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## opinion page

#### Fort Erie Times www.forterietimes.ca

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#### Time to have your say

It's hard to believe, but the day to vote replace Liberal MPP Kim Craitor is final here.

Last week, we featured a profile on the candidates—all eight of them—to help readers learn more about their choices.

The candidates featured in last week's

The candidates reatured in last week's edition of the Times include Green Party candidate Clark Bitter, Freedom Party candidate Andrew Brannan, NDP candidate Mayne Gates, Libertarian candidate Bratadiste Stefanos Karatopis, PC candidate Bart Maves, Liberal candidate Inyce Morocco, independant candidate Im Tredwell and People's Political Party candidate Troy Youne.

When you head into the voter's booth and we hope you do today—we hope that we helped you make a more informed decision on your choice on a representative for the Niagara Falls riding. It may not seem like it, but every vote

If people choose not to vote, it is unfortunate. There are a number of issues that the new MPP will have an impact on, especially here in Fort Erie. If people choose not to vote, their voice isn't heard.

With a new speedway on Fort Erie's hortzon and work to be done to ensure the racetrack comminues to see horses racing in town, it's important to take the time to research and choose a candidate you feel would best support the needs of Fort Erie residents.

Voting will only take a few minutes of your time and it can easily be done during a lunch break or after work.

Sparing a few minutes today to vote will have an important impact on Fort Erie's future.

one bicke in



# Do You Remember? o David library. The photo was taken library of the ever library of the photo was taken library. They how taken library of the ever library of the photo library of the ever library.

Thank you to David Duchesne for calling in to identify his mother, Janet Duchesne in last week's picture taken at the Fort Erie Public Library, Centennial

Public Library, Centennial Branch.

Mrs. Duchesne's art was chosen for the first exhibition of local artist's work at the Duchesne (on the right with one of her paintings) with librarian Lynda Goodridge on the left. We also heard from Rick

on the left.

We also heard from Rick
Plato in Nova Scotia who
fondly remembers Mrs.
Duchesne as the best teacher

he ever had at Our Lady of Victory school.

Who are the happy couple in this week's Valentine photo? If you know their names and the date of the wedding, please call the Fort Erie Historical Museum at 905-894-5322 or e-mail

#### letters to the editor

#### Service clubs make a difference

Dear Editor.

There is no doubt that our town of Fort Erie is undergoing tough economic times.

So much is beyond the control of the average citizen and smaller business owners in town. Sometimes the belief that we are at the mercy of our governments and helplessness dominates our minds and attitudes while we sit back and wait, hoping for things to

change.

The challenge for most of us who are between the ages of 25 to 50 is that we are coming out of a period of great prosperity and personal financial wealth that we have either forgotten or never learned the meaning of what a true community means.

The good news is that the

generations that came before us had this figured out and we only need to take a step back and realize that they have been here before and look at what they did and how they functioned as a community during tough economic

But it will take an adjustment of attitude for all of us to make this work. That is why I joined a local service

Today's service clubs are a dying breed, yet their need and value has never been so high.

Like a soldier believes it is his or her duty to serve their country, what if we all adopted they same principal towards our communi-

Money is tight and the bingo funds are not what they used to be, now more than ever, service groups in Fort Erie are in need of volunteers and brainpower to continue their long standing traditions of communi-

ty service.

The beauty of this is that everyone can contribute in some way shape or form. Out of work and have time on your hands? Donate some time and become a member. Own a business and can't make a large donations, no problem, even small donations will

make a difference if every-

Fort Erie has a proud history of supporting their service clubs which is a great part of our identity that we need to expose more. Never has the need for service clubs been so great in the last few decades at it is now Money ier!

more. Never has the need for service clubs been so great in the last few decades as it is now. Money isn't flowing through our bingo halls or slots like it used to, so we need to go back to a time when none of that existed, when service clubs were the bread and butter of community.

Most importantly, by joining these clubs, we are going back to a time when human interactions was dominant and we cared about each other and

to looked after each other.

A time when we knew our neighbors and their families and we supported each other through the tough

That is how we strengthen our community, not through the economy but basic networking and support and traditions. These clubs do so much work and good in this town and they can do even more with more volunteers and more supports from local busi-

From fund raising for charities to simply providing toys for children during the holidays to honoring our locals through awards, we are not helpless, we have the power to get through this together. Contact town Hall, (905

what local service clubs
what local service clubs
what local service clubs
there are in town and find
one that appeals to you and
attend your first meeting.
Each and every member
d to a local service club is the

equivalent of putting a mil-

lion bucks back into the community. Think about it. It is our duty to give back when we can.

Greg Bonito Fort Erie

#### Reader: Dominion Road among worst in Ontario

Dear Editor

If a person is looking for a site to self-administer a skilled driving test, try Dominion Rd. between the intersections of Buffalo and Bernard Rds. I realize there is consid-

erable unhealthy competition in the province, but if this stretch isn't in the running for the worst road in Ontario, it should at least get dishonourable men-

Swerving to avoid deadly

potholes while being cognizant of oncoming traffic is a challenge for even the veteran driver.

museum@forterie.on.ca

I was astonished by the abrupt sight of these crevices upon approach, quickly realizing the danger they pose as well as the imminent threat to the pocketbook

Driving a motorized vehicle in Greater Fort Erie has taken on a new dimension, perhaps more compatible with the young drivers of tomorrow, who are preparing themselves with togglecontrol proficiency in simulations of obstacle course

ulations of obstacle course races on the video screen.
We can be thankful for another fresh mix of ice and snow to level the road surfaces for now, because there doesn't seem to be a suitable material with the desirable properties of bonding and longevity for a decent restration

Robert Tripp Ridgeway

## opinion page

## Learn how to fix up your dream house from expert Keith Overend



Amy Roebuck Fort Erie Public Library

Do you dream of fixing up an old farmhouse, or of restoring a neglected archi-

tectural treasure? What is that kind of project really like, and where does that passion take one? Find out without getting your hands dirty or your credit maxed out from Keith Overend when he visits the Crystal Ridge branch of the Fort Erie Public Library on Wednesday evening, Feb. 19 at 7:30 p.m. for an Informative, enjoyable program sponsored jointly by the library and the Bertie Historical Society.

Keith has over 20 years of experience in the renovation and restoration of older homes, including work as a

trim carpenter and in a custom cabinet shop. He has studied engineer-

ing, historical roofing, masonry preservation and window preservation: worked as an inspector, and has a profound respect for proper building. He will talk about heritage-learning the history of your specific home, as well as general practices, including the use of nature in landscaping and rediscovering the energy efficiencies builders have

used since Victorian times. His belief is that even the most daunting of restorations is actually cost-effective in the long run.

Keith's presentation is free, and the public is invited. Perhaps the evening will inspire readers to look at resources in the library collection, including: Mike Holmes' book Make it right: inside home renovation with

Canada's most trusted contractor; Well-preserved: the busy making plans last Ontario Heritage Foundation's manual of principles and practice for architectural conservation

by Mark Fram, and Martha

the Centennial branch from 10:30 a.m. until 4:30 p.m. If you love Legos, join the Lego Club on Friday afternoon at 2:30 at the Centennial The Harry Potter Club got

Stewart's New Old House:

restoration renovation dec-

oration, landscaping. Any of

these books may be reserved

here! Children of all ages

may drop in to create a free

Valentine craft today at the

Stevensville and Crystal

Ridge branches, beginning

at 2 p.m., and on Friday at

Valentine's Day is almost

online at www.fepl.ca.

month, and next week, they'll be busy making but-

If you are in Grade 5 or up, you are welcome to join

in the excitement on Tuesday, Feb. 18 at the Crystal Ridge branch, or on Wednesday, Feb. 19 at the Centennial branch. Please register now for the session of your choice, and bring

Teens who like to read are welcome to try out a book group just for them today at 3:30 p.m. at the Centennial branch of the library.

There will be spacks and a chance to chat about the books that are keeping teens on the edge of their seats, all

Teens and adults alike may want to mark their calendars now for the Thursday, Feb. 20 screening of The Book Thief, based on the bestselling book by Markus Zusak. This film adaptation stars Sophie Nelisse, Emily Watson and Geoffrey Rush. Admission for movies is \$3. and Thursday evening films begin at 6:30 p.m. On Tuesday, Feb. 25, The Book Thief will encore at the Crystal Ridge branch, begin-

ning at 2 p.m. Please note that all branches of the library will be closed on Monday, Feb. 17. Our website is always open at www.fepl.ca for browsing, access to e-resources and placing holds.

Amy Roebuck is the community services coordinator for the Fort Erie Public Library.

#### Sanctuary Centre for the Arts renovations include patio and brewery



Nadine Foerstenberg

Well, I don't know if you've noticed but there is a big hole in front of The Sanctuary

It does look a little like a meteor came crashing down but I promise you that it will turn out great. This hole is where the new stair will be bringing people from the tap room to the patio. Just picture a nice warm summer night sitting on the patio and enjoying a nice cold beer.

say there is nothing better than that

In other news, Brimstone Brewing Company as you may know has been busy preparing their brewery downstairs as well. They are getting ready to receive the

As a German girl, 1 have to

equipment that will make

them a 15 hl brewery. During construction, the retail store for beer sales and bottle returns will be open on specific dates, so please keep an eye on Brimstone's Facebook, Twitter and website for more information. Quick reminder: If you are

looking for something fun to do for Family Day on Feb. 17. nay The Sanctuary a visit. The Fort Erie Arts Council is offering Family Day activities from 12:15 p.m. to 4 p.m. The lovely Miss Hazel will read stories to the children at 12:15

Bring your own sock and create a fun puppet or decorate cookies at 1 p.m. Wiggle and Whirl as you hoop around at 3 p.m. (bring your own hoop).

All activities are free for members, Sign up with The Fort Erie Arts Council the day off the event and receive benefits year round or pay a small

Mark your calendars for Feb. 22 when The Balconies supported by Say Yes and The Maysides are rolling into town. Doors will be open at 8 p.m., show starts at 9 p.m.

brought to you by Brokenvan Production.

Let me introduce the bands to you. The Balconies rocked your ears a couple of years ago at The Sanctuary with Jacquie on the microphone with her deep rock lungs, backed by the rippling rhythms of Liam and Stenhen

Now, they are coming back to see you. The Balconies have shared the stage with Cold War Kids, Mother Mother, Devo. Sloan, Stars. Wide Mouth Mason, Big Sugar, Tokyo Police Club, Bad Religion, Rival Sons, and the Sam Roberts Band. Quite the line-up -if 1 dare say so

myself Say Yes is a three piece rock band from Ontario, featuring former Alexisonfire drummer Jordan Hastings who is the primary songwriter, Adam Michael from Saint Alvia and Michael Zane. Say Yes is band 15 years in the

Ontario band. The Maysides will be playing their first show in Niagara ever. They are very excited to play for you and frankly, so

It is safe to say that this show will rock you from head to toe. Just make sure you don't spill your beer Brimstone.

For more information on all our events, classes and shows, please visit www. thesanctuary.org or follow us on Facebook and

Nadine Foerstenberg is a member of the Sanctuary Centre for the Arts.

#### Go, Canada, go!



CRYSTAL BEACH PUBLIC SCHOOL Special to The Times

Crystal Beach Public School students watched the opening ceremonies of the Olympics this week and celebrated in style by wearing Team Canada spirit wear. The students are tracking Canada's progress with a medal board at the school.







#### Hunger Report 2013

Grab your bowling shoes and dust off the bowling ball because it's time to Bowl For Kids' Sake.

Big Brothers Big Sisters of South Niagara is hosting its annual Bowl For Kids' Sake on Sunday, Feb. 23 and Saturday, March I at Carroll's Bowling

in Fort Erie. The funds raised from the event support programs for children across south Niagara.

Teams can be registered and information forms may be picked up at the Greater Fort Erie Chamber of Commerce, 660 Garrison Rd., Fort

For more information call 905-871-8836.

#### **Public Notice**

Public Meeting for the Fort Erie Elementary Schools Accommodation Review will be held at:

#### BERTIE PUBLIC SCHOOL

3770 Hazel Street, Ridgeway, Ontario

Thursday, February 27, 2014 at 6:00 p.m.

Schools involved in the review area are: Bertie, Crystal Beach and Ridgeway



DISTRICT SCHOOL BOARD OF NIAGARA
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#### New apps including Explore Niagara unveiled at launch party

Walter Deveau Special to The Times

**CHICKEN** 

STRIPS

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RREAST FILL FTS! . Convenient and quick: ready in 20 minutes from the oven 27-33 PIECES 1,36 kg/3 lb

ALL-WHITE CHICKEN

Over 100 eager locals Explore Niagara launch Country Club, party guests showed their support last Thursday by attending the

LOOK IN THURSDAY'S PAPER FOR YOUR M&M FLYER!

party. Hosted at the Bridgewater

sipped wine from Colio Estates Winery and sampled

cheese from Upper Canada Cheese Company, while also listening to

music performed by Request Entertainment Inc. With ShopNiagara.ca orchestrating its development. Explore Niagara has been able to con-

> of Niagara Region into a half-square inch of real estate in the App Store. For Shop Niagara's 7th anniversary, the architecture of the website was redesigned by Walter

> dense the majesty

Deveau, of Tech Services Niagara, bringing it into the

mobile world. Today's technology has allowed Deveau to optimize the site for better navigation and touch-screen capabili-

The launch of Explore Niagara, has linked both web and mobile versions of Shop Niagara to cater to residents, businesses, and tour-

Interactive features for users include posting events, photo sharing, social media and radio streaming, all of which entice users to download and use this free app on a regular basis.

Currently, advertising space is also available for businesses, shopping centers, industry and corporate enterprises. During the launch, several other apps were unveiled. including a new restaurant app, survey app, injury attor-

ney app, and church app. Deveau explained and showcased responsive web design by featuring www. techservicesniagara.com and www.niagarawebdesigns. com, two websites that fit eas-

ily into any device. For more information about Explore Niagara call Tech Services Niagara at 289-479-

If you were unable to attend Tech Services Niagara will be doing demonstrations at Club Roma in St. Catharines on Feb. 20 during the 19th Annual Niagara Small Business Trade Show from 3:30 p.m. to 7:30

p.m. Road, St. Catharines Explore Niagara can be downloaded by visiting the App Store or Google Play.

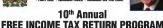


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March 10th 11th & 13th 10:00 am - 3:00 pm

Niagara Falls & Niagara-on-the-Lake Location: Who Qualifies:

2895 St. Paul Avenue, Unit #11 March 18th & 19th

10:00 am - 3:00 pm

Singles: Annual Income \$30,000 or less Couples: Annual Income \$40,000 or less Single Parent: Annual Income \$40,000 or less

Appointments are necessary. Please call before Mar 1, 2014.

Fort Erie: 905-871-9991

To the community of volunteers who make this program possible by donating their time and assistance to provide this valuable service to the community, Thank You - Rob Nicholson MP

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models (excluding Call & Catasta models are 2014 Figure 100) installates the cut manufacture of the cut of the

RAMTRUCKOFFERS.CA

#### Racing calendar is expected to be finalized by the end of February

#### From Page 2

"As I've said this all along, Premier Kathleen Wynne was crystal clear that there was a sustain-

DONNIE EDWARDS

R. Ph. B. St. Pho

able future for the track and the hundreds of local jobs," she added. Morocco said she met with Wynne, Fort Erie Mayor Doug Martin and

BOGGIO

Pharmacists

ZOSTAVAX: PREVENT SHINGLES BEFORE ITS TOO LATE!

Shingles is caused by the same virus that causes chickennox (varicella-zester virus). After the chickennox bistors

heal, the virus remains dorment in nerve cells in your body. It can become reactivated after many years resulting in

shingles. It is not known exactly why the virus becomes reactivated, however it is thought that having a weakened

immune system along with physical trauma. UV light or stress may play a role. The risk of developing shingles

increases with age and people over 50 years old are at the greatest risk. The symptoms include a painful, blistering

rash that often breaks out in one part of the body, usually the chest or upper back are involved. Sometimes the pain

resulting from shingles can last for weeks, months, or rarely years, after the rash heals. This lasting pain has been

described as burning, aching, throbbing or stabbing and can result from something as little as a breeze or the touch

of clothing on the skin. Older people are again at greater risk. Shingles may also result in skin infections at the site

Fortunately, a vaccine is now available to boost your immune system and help to prevent shingles and its

complications. It is called Zostavox and is available to adults over 50 years old. The vaccine cannot be used if you

are already experiencing symptoms of shingles; it is only used for prevention. The vaccine is given as a single dose

by injection just under the skin of the upper arm by a doctor or trained nurse. As all medicines and vaccines can have

side effects, some necole may experience redness, pain, swelling, or bruising at the site of injection or headache.

These are the most common unwanted effects, but they are usually minor. This vaccine was found to reduce the risk

Zostavov must be stored frozen below -15 degrees Celsius until the day it is to be used. Only a few pharmacies

currently have the correct storage facilities for this vaccine to be able to stock it. Zostavax is available from all of

of developing shingles by about 50-70% (depending on your age) within the first year after receiving the vaccine.

Economic Development and Tourism general manager Iim Thibert to "find a sustainable path forward for jobs" in Fort Erie.

LARRY ROGGIO

of "constant pressure" on the Liberals from horse racing families. Fort Frie council and Thibert, NDP candidate Wayne Gates After months of months said in a press release the provincial government has

finally listened. "We are proud to have stood shoulder-to-shoulder with these groups from day one," Gates said.

"They didn't stop and weren't going to stop and now the people of Fort Erie got their track back. We're happy to support them and

the new season as they are in the process of being the next few weeks. Last Friday's announce-

ment that the racing season will go ahead is important to let horse trainers and

...We still have to go through the usual proccess we've gone

past, but now we can let the horsemen know to go ahead and pick up their stall

- Iim Thibert

a racing season this year. "The I's and the T's aren't dotted. We still have to go through the usual process we've gone through in the past, but now we can let horsemen know to go ahead and pick up their

In a letter posted on the Ontario website, John Snobelen, one of the individuals responsible for implementing the Ontario Horseracing Partnership Plan, let Wynne know that the money has been secured for a full racing

core product has been put

dent there is "enough money to keep the two places going" and the Fort Live Racing Consortium is expected to

> ing. The 2014 race season will be similar to last year's season with about

40 race days, he said "I'm working hard to get a racing calendar before the end of February. The timing of the letter (Friday) allowws time for horse

stall applications," Thibert

Commission's through in the season at the "I wanted her to know a

together and Horsemen's Benevolent and Protective Association of Ontario has been working with Woodbine and Fort Erie over the last month or so," he said. Snobelen said he is confi-

meet with provincial agencies to discuss the 2014 season fund-

trainers to make decisions about where they will go to race as training starts in March Snobelen added.



#### will continue to support the people of Fort Erie long after this byelection is over," he added. applications." Thibert said he couldn't speak about the details of

jockeys know there will be FORT ERIE DRIVING SCHOOL

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of the rash or scarring following healing of the rash.

the Boggio Family of Pharmacy locations.

. HAS HAD A SERIOUS ALLERGIC REACTION (HIVES, FACE SWELLING, OFFICULTY BREATHING) TO NEOMYCIN TAKES HIGH OOSES OF STERDIOS (E.G., PREDNISONE, METHYLPREDNISOLONE) BY INJECTION OR BY MOUTH

Since this is a relatively new vaccine, it is not known if it will provide protection from shingles for longer than

Talk to your doctor or pharmacist for more information and advice about shingles and to find out if the Zostavex vaccine is right for you

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# Enjoy a spot of tea this Saturday

Bowen Road
Women's
Institute hosts
Valentine
Social Tea in

Ridgeway

People who fancy a spot of tea are in for a treat.

The Bowen Road Women's Institute is hosting its annual Valentine Social Tea on Feb. 15 at People's Memorial United Church in Ridgeway, Lynne Frayle said.

Frayle, a member of the Bowen

March 1, 2014

Crossroads Public School

the organization is an active group that raises funds for high school and post-seconday scholarships and Community Program Outreach Erie through its annual teas and other events.

Frayle said the Bowen Road Women's Institute has a long standing history in Fort Erie. "The Institute was formed on

May 2, 1908 and we are celebrating its 106th anniversary in 2014," she added.

When people attend the tea this weekend, they are supporting the community, Frayle

services for your home and garden.

"When people attend, they can expect to see an elegant table set up with china rea pots and china tea cups and saucers. It's a fancy affair," she added. The event also includes a toonie sale, rugs, door prizes and a 50/50 draw. Tickets to the

tea are \$7 each. For tickets call 905-894-5483.

sarah.ferguson@sunmedia.ca



GENETIC HEARING LOSS
It may be assumed that genetic hearing loss is present
of high or is of a certain type (conductive, separateours).

of birth or is of a certain type (postacuths, seasor-learni, or riseo), but such in nor the case. The text is that hearists has not person, the text is that hearists has of parts on existing in my be compared in present (progressive), or he statish over time (pro-progressive). Eith sears may be self-coded (Rietzeria) or only one sear may be included (ministers). The boaring loos may be equal in tach sears (synventric) or diffused in sech sear (synventric) or diffused in sech sear (synventric). Firstly, prectify bearing joss may taken in experiments, in the control of th

Universida bestriga late als offert year coveral wealthwise, Research has about it is associated with Generalis, greater risk of Albahamer's classos and lasalized and dypression. So stooding a constaintier, please only machinery business on the Albaham Colonical and the Colonical Colonical and the Colonical Colonical and the Colonical Colonical Da berring on the content of the Colonical Da berring cost to beached at 600 Series Big. Met 12, and corr hours are Mr.5 pro-dyses. Most support and the Colonical C

P.S. Conductive hearing loss results from a blackage of the auditory cenel or some other dysfunction of the entirum or one of the three small bases within the ear.

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BOWEN ROAD WOMEN'S INSTITUTE Special to The Times
The Bowen Road Women's Institute invite the community to Join them for their
annual Valentine's Social Tea Saturday at People's Memorial United Church in
Ridaeway.





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From left, brothers Brandon Griffiths and Teo Griffiths participate in an art class at the Sanctuary Centre for the Arts. The Sanctuary is hosting a variety of activities for children on Family Day.

#### **Plenty of fun planned for Family Day**

Sarah Ferguson Fort Erie Times

Family Day is meant to be a day of fun, excitement and time spent with loved ones.

To make the day memorable, The Fort Erie Arts Council is has a list of activities that are sure to entertain and delight the young and the young at heart with Fun Day on Feb. 17 from noon to 5 p.m. at the Sanctuary Centre for the Arts.

"This is the first time we are hosting something like this," said FEAC event committee member Donna MacLeod.

The event includes Storytime with Miss Hazel. Hazel Reinhart, the former childrens' program director for the Fort Erie Public Library, will share stories with children and share from her collection of stories.

Children are also invited to decorate cookies, make sock puppets and learn how to hula hoop.

MacLeod said the activities are free but donations will be accepted for the FEAC.
"We do believe there is a need

for Family Day events in Fort Erie," MacLeod said. She encourages families to

stop by the Sanctuary for fun.
For those that love to skate,
Family and Children's Services
is sponsoring free ice time at

nine locations across Niagara, including the Fort Erie Leisureplex from 2 p.m. to 3:30 p.m. For history lovers, Earl

Plato will launch his new book, The Wintemute Warriors at the Fort Erie Historical Museum

Plato's new book tells the story of Philip Wintemute and his five sons. Readers can follow the Wintemutes' journey from Palatinate, Germany as they fled from religious persecution and settled

as they fled from religious persecution and settled in America. The Wintemutes served in Butlers Rangers and fought for the Crown during the American He will be on hand at the museum from 1:30 p.m. to 3 p.m. to autograph copies of his book.

sarah.ferguson@sunmedia.ca

Sanctuary Centre for the Arts

• Storytime with Miss Hazel, noon to 12:45 p.m.

• Cookie decorating, 1 p.m. to 3

p.m.

Make a sock puppet, 1 p.m. to
3 p.m. Bring your own socks
from home.

Hula Hoop Dance, 3:30 p.m.

Family Day Free Skate
• Fort Erie: Leisureplex, 2 p.m.
to 3:30 p.m.

to 4:30 p.m.

Fort Erie Historical Museum

Local author Earl Plato unveils
new book, The Wintemute
Warriors, 1:30 p.m. to 3 p.m.

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#### Heritage Arts Legacy aims to highlight Niagara region's history

Charles Davies Special to The Times

**ENJOY GROCERIES** 

Heritage Arts Legacy, for ducted a number of events from a part of our past-his-

the past 10 years, has con- that identify those entities torical sites and events, arts,

crafts and sports. The group's mission statement is to create a legacy of history through the eyes of the artist that span the bi-national spirit of Fort Erie, Niagara

and western New Vork Themostrecent event held by the Heritage Arts Legacy was an art display

December n t Bertie Hall, which featured paintings, glassware, historical writing and wood carving by local artiete

The event honoured Brian mcNamara, who painted pictures over 40 years of local buildings such as St. Paul's Church and the original Rose Seaton School.

Alison Barkley, a skilled wood carver, presented a wonderful display of her work, carvings that showed the intricacy and fine detail

of her craft. Val Gear displayed his metal work and peter Gudranas presented a display of his glassware.

Antiquarian Helma Holmes had a table of antique items, including a set of original Hardy Boys novels by W.H. Dixon, a writer whose real name was Leslie McFarlane, a pioneer in the Boy Scout movement

of Ontario.

A guide book written by June Chipp was on sale for those interested in taking a self-guided tour of Fort Erie to view sites such as the old ferry dock, Mackenzie's Crossing and many other places of historic interest.

Those who attended may not have been aware that they were standing in the presence of history; Bertie Hall, built by William Forsyth in 1827, has had a long, eventful journey through time. The aura of the Forsyth family can still be felt within the walls as you walk about the large rooms with 12-foot ceilings and climb the 20-foot curved stairway to

the second floor. It stands vacant now. It is hoped that someone will take the initiative to reopen Bertie Hall as a Legacy of our past, similar to the McFarlane House and the Home of

Laura Secord. The Heritage Arts Legacy committee also looks for young talent in the community. Last year, Jessica Fickel was presented with a \$500 award for her skill as a hock-

ey player. Recently, she has proven that skill as a member of the Brock University hockey team by scoring five goals and two assists in two games. Two of the goals were scored shorthanded, and Fickel was recently named Ontario University Female Athlete of the Week.

Charles Davies is a member of the Heritage Arts Legacy, a group dedicated in preserving heritage, arts and sports in Fort Erie.



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#### SARAH FERGUSON Fort Erie Times

Who will be selected for Fort Eric Time's 1st Annual Volunteer Recognition Awards?

Last Chance Horse and Pony Rescue volunteer Robert Wyer feeds Pete, one of the horses at the horse sanctuary. The rescue is holding a Valentine's Day fundraiser to help purchase bales of hay for the animals. The Last Chance Horse and Pony rescue is calling on the community to purchase a heart for \$5 and give it to a horse at the sanctuary.

# Give a heart to a horse in need

Last Chance Horse and Pony Rescue holds

Valentine's Day fundraiser

> Sarah Ferguson Fort Erie Times

Have a heart and support the Last Chance Horse and Pony Rescue. The sanctuary, which

cares for former thoroughbred horses and abandoned or injured horses, needs the community's help. The sanctuary is hosting

its annual Have a Heart, Hay a Horse Valentine's Day fundraiser, said Sanctuary owner Sharon Allen.

Allen said individuals may donate \$5, to give a heart to the horse or his or

Allen said the horse with the most hearts "is the winner" and everyone who gave that horse a heart will have a chance to ride him or her. providing the horse is healthy, on Family Day from 2 p.m. to 4 p.m.

The money from the fundraiser will be used to by more hay. We go through 100 square bales of hay a week," Allen said.

"We're always buying hay."

Allen is grateful for the community's continued support for the Last Chance Horse and Pony Rescue. "I appreciate anything

anyone does for me," she said. People who make donations of \$10 or more will

receive tax receipts. For more information about the Last Chance Horse and Pony Rescue call 905-894-

sarah.fernuson@sunmedia.ca

- 1. Work with Seniors
- 2. Work with Youth
- 3. Historical Contribution 4. Cultural (Arts, Music, etc.) 5. Protecting the Environment
- 6. Education 7. Sports and Recreation 8. Safety 9. Service Clubs

We're extremely proud of the contributions volunteers make to our

community. We all know many of these often unsung heroes who add so much to the quality of life in Greater Fort Erie - let's put their names

forward for official recognition by the The Fort Erie Time's and its Readers and the Citizens of Greater Fort Erie in a special section in the Fort Erie Times during National Volunteer Week. Simply complete the nomination

form, submitting the volunteer's name in one of the following categories:

- 10. Work with Needy or
- Disabled
- 11. Volunteers under 21 12. Community Events
- In addition to the 12 categories listed, if you wish to submit a new category for recognition please submit the category and we will give it consideration to be added to the list. All names submitted must include

a letter of supporting information stating why your nominee should win. Nominations will be gathered by the Fort Erie Times to be forwarded to the selection committee. One volunteer in each category will be selected to be honoured by the the Fort Erie Times at a special ceremony and will be profiled in the Fort Erie times during National Volunteer Week.

#### VOLUNTEER RECOGNITION AWARDS NOMINATION FORM I wish to nominate:

Category #: Address:

Phone #: Submitted by: (and phone #)

Friday March 14th 2014

1. Complete the nomination form along with a brief note outlining the nominee's contribution by FRIDAY MARCH 14<sup>th</sup> 2014.

2. Mail, fax, phone, e-mail or drop off your nominations to The Fort Erie Times 450 Garrison Road, Fort Erie Ontario L2A 1N2 or

E-Mail myra.robertson@sunmedia.ca 3. Selected volunteers must agree to appear in a special feature

story or another nominee will be selected.

4. Nominations are limited to people who live in the Town of Greater Fort Erie Area

Nomination Deadline Extended

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Fort Erie Times

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#### Niagara District Champions



The Fort Erie Major Novice Junior Meteors won the Niagara District Playdown Championship. They defeated Grimsby 4-1 in the championship game. From left are, (front row) Blake Cooper, Tyle MacSweyn, Hunter Howell, Landen Ward, Tucker Wood, Dylan Isherwood, Vanessa Stehlling, Christopher Daniels, Fergus Kearns, Brennan Pisaric, (middle), Owen Stoddard, Matthew Lee, Nolan Stickland, Daylin John, Kian Blair, Riley Stewart, Caleb Stewart, (back) manager David Howell, trainer Mike Ward, assistant coach Mike Isherwood, head coach Al Stoddard,



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assistant coach Darren Kearns and assistant coach Bryan Blair.

Sunday, February 23 & Saturday March 1, 2014

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Karena W





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# THE TOWN OF FORT ERIE

1 Municipal Centre Drive, Fort Erie, ON, L2A 2S6

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#### NOTICE OF PASSING OF A ZONING BY-LAW

Planning Act, 1990, c. P 13, ss.34(18), 0.Reg, 545/06

APPLICANT: SULLIVAN MAHONEY (T.RICHARDSON)

this amount made payable to the Minister of Finance must accompany the Notice of Appeal.

OWNER: J.E.PASSERO, M. REINHART, O. MARINARO, M. PASSERO, J.A. PASSERO, G. VAMPLEW

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 26-14 on the 10th day of February, 2014 under section 34 of The Planning Act, 1990. AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Town of Fort Erie not later than the 5th day of March, 2014, a notice of the appeal setting out the objection to the by-law and the reasons in support of the objection. Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order in

Only individuals, corporations and public bodies may appeal a zoning by-law to the Ontario Municipal Board. A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the by-law was passed, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the

opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party. An explanation of the Purpose and Effect of the By-law, describing the lands to which the By-law applies may be found below and a key map showing the location of the lands to which the By-law applies is shown above. The complete By-law is available for inspection in the

#### Clerk's office during regular office hours and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

The purpose and effect of By-law 26-14 is to amend Town of Fort Erie Comprehensive Zoning By-law 129-90 by changing the zoning of

lands shown on the location map as follows: Parcel 1 from "Existing Commercial Use Holding (ECU-406(H)) Zone" to "Existing Commercial Use Holding (ECU-498(H)) Zone". The lands

shall comply with the Existing Commercial Use (ECU) Zone, except for the following special provisions: a) These lands may be used for refurbishment, repair and servicing of goods and retails sales.

- b) "Goods" are defined as electronics, toys, tools, house furnishings, white goods and lawn and garden items.
- c) A maximum lot coverage of not more than 45%.
- d) A minimum front yard setback of not less than 8.9 metres.
- e) A minimum exterior side yard setback of notices than 1.5 metres abutting Carrison Road and 1.8 metres abutting Pound Avenue.
- f) A minimum rear yard setback of 0 metres
- g) That no outside storage of goods, materials, waste materials, finished or unfinished products, equipment or parts shall be placed, kept or allowed on the site.
- h) Nothwithstanding the requirements of Loading Space Regulations 6.12(e), loading spaces will be permitted not less than 4.0 metres from the northerly properly line.
- It Nothwithstanding the requirements of Schedule D parking spaces on the west side of the building shall have a minimum aisle width of 3.0 metres. i) Nothwithstanding the requirements of ingress and Egress 6.20(d)(ii), the maximum width of any joint ingress and egress driveway ramp measured along the street line shall be 60 metres along Bamhart Street.
- k) Notwithstanding the requirements of Ingress and Egress 6.20(vi), the site shall be limited to 5 driveway entrances.
- It Nothwithstanding (a) outdoor storage the storage of materials in tractor trailers for a period of up to 30 days shall be allowed between the existing buildings.
- m) Nothwithstanding the requirements of Parking Area Requirements 6.20(c)(ii), the portions of truck parking areas between the two existing buildings south of Pound Avenue, not including the area of the loading docks and the tow
- motor path may be gravel. All loading docks and the tow motor path shall be an asphaltic surface or such other hard surface as may be acceptable to the Town.
- Parcel 2 from "Rural Commercial Holding (C7-408/H) Zone" to "Rural Commercial Holding (C7-499/H) Zone". The lands shall comply with the Rural Commercial (C7) Zone, except for the following special provisions:
- a) in addition to the permitted uses set out in Subsection 26.2, these lands may also be used for refurbishment of goods and storage
- b) "Goods" are defined as electronics, toys, tools, house furnishings, white goods and lawn and garden items.
- c) A minimum front yard setback of not less than 9.73 metres.
- d) No outside storage of goods, materials, waste materials, finished or unfinished products, equipment or parts shall be placed, kept or allowed on the site.
- e) A maximum of 24 tractor-trailer parking spots be provided on the site.

- f) The existing concrete fencing can be used for screening
- o) Notwithstanding (d) outdoor storage of materials in tractor trailers for a period of up to 30 days shall be allowed on this parcel.
- h) Nothwithstanding the requirements of Parking Area Requirements 6.20(c)(ii), the truck parking area may be gravel.
- Parcel 3 from "Existing Commercial Use Holding (EDU-408/H) Zone" to "Existing Commercial Use Holding (ECU-500/H) Zone, the lands shall comply with the Existing Commercial Use (ECU) Zone, except for the following special provisions: a) These lands may used as a parking area for automobiles associated with the existing commercial use on Parcel 1.
  - b) The existing building located on these lands can be used for clinics, customs brokers, personal services shops, retail stores, spa services, studios or veterinarian clinics.

DATED AT THE TOWN OF FORT ENIE THIS 13th DAY OF FEBRUARY, 2014

CAROLYN KETT, TOWN CLERK

Our Focus: Your Future

FILE # 350309-0376

7-8000 June to C7-8900 K( Jame In C7-1999) () 713 Poutel Avenue & 1794 Gardese Aced) - Pro I-46704) Jones to 803-5880()

## THE TOWN OF FORT ERIE 1 Municipal Centre Drive, Fort Erie, ON, L2A 2S6

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#### NOTICE OF PASSING OF A ZONING BY-LAW

Planning Act, 1990, c. P 13, ss.34(18), 0.Reg, 545/06

PROFESSIONAL PLANNING SERVICES INC. APPLICANT:

OWNER: IRMA GIBSON 3265 NIGH ROAD

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 19-14 on the 10th day of February, 2014 under section 34 of The Planning Act, 1990.

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Town of Fort Erie not later than the 5th day of March, 2014, a notice of the appeal setting out the objection to the by-law and the reasons in support of the objection. Any appeal must be accompanied by the Board's fee of \$125.00. A certified chaque or money order in this amount made payable to the Minister of Finance must accompany the Notice of Appeal.

Only individuals, corporations and public bodies may appeal a zoning by-law to the Ontario Municipal Board, A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the by-law was passed, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

An explanation of the Purpose and Effect of the By-law, describing the lands to which the By-law applies may be found below and a key man showing the location of the lands to which the By-law applies is shown above. The complete By-law is available for inspection in the Clerk's office during regular office hours and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

#### PURPOSE AND EFFECT

The purpose and effect of By-law 19-14 is to amend Zoning By-law 129-90 (COMPREHENSIVE ZONING BY-LAW) by changing the zoning of lands shown on the location map above as follows:

Part 1 from "Rural (RU) Zone" to site specific "Rural (RU-494) Zone". These lands shall comply with the "Rural (RU) Zone, except that the minimum lot area shall be 1 hectare.

Part 2 from "Rural (RU) Zone to site specific "Rural Holding (RU-495/H)) Zone". Once the Holding has been removed, after submission of an Archaeological Assessment to the satisfaction of the Regional Municipality of Niagara, these lands shall comply with the "Rural (RU) Zone, except that the minimum lot area shall be 1 hectare.

FILE # 350309-0363

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Subject Lands - 3265 High Rose

Part 1 - Rurel (NU) Zone to Rural (NU-494) Zone

Part 2 - Rural (NU) Zone to Rural Holding (NU-4950HI) Zone

Part 3 - Rural (RU) Zone to Rural Holding (RU-49601) Zone

Part 3 from "Bural (RU) Zone to site specific "Bural Holding (RU-496(H)) Zone". Once the Holding has been removed, after submission of an Archaeological Assessment to the salistaction of the Regional Municipality of Niagara, these lands shall comply with the "Rural (RU) Zone, except that the minimum lot area shall be 15.3 hectares,

The sublect long is also the subject of account of an Official plan Amendment. File No. 3503(2-code).

DATED AT THE TOWN OF FORT ERIE THIS 13th DAY OF FEBRUARY, 2014 CAROLYN KETT, TOWN CLERK

#### OVERNIGHT WINTER PARKING ON STREETS

ATTENTION ALL MOTORISTS: In an effort to keep the streets free of vehicles during the winter months for snowplowing and sanding operations, residents are reminded that no overnight parking is permitted.

Traffic By-law No. 2000-89, Section 205 provides that "No person shall park a vehicle or permit a vehicle to remain parked" on any street in Town "between the hours of 2:00 a.m. and 7:00 a.m. between November 1, 2013 and March 31, 2014.

The Town's Ev-law Enforcement Officers will be exemising violant enforcement of Ev-law. No. 2000-th. Your vehicle will be issued a parking ticket and could be towed, at your expense, if found in violation of the by-law.

Enquiries may be directed to the Town's By-law Enforcement Officers by calling (905) 871-1600, Extension 2216 (Geoff Stephenson) or Extension 2215 (Matt Richardson).

# THE TOWN OF FORT ERIE

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# HELP KEEP OUR COMMUNITY CLEAN DO NOT DUMP LARGE HOUSEHOLD ITEMS

The Region of Niagara's waste management service includes pick-up of large household items (couches, mattresses) and appliances. Residents can call to book large item pick-up at any time during the year by calling Emterra Environmental at 905-227-7771 or Toll Free at 1-855-227-7771. For more details visit www.niagararegion.ca

# HEY STUDENTS!!!! LOOKING FOR SUMMER WORK????

The Corporation is now accepting applications for summer student employment opportunities in parks/comentries; facilities; roads; beforciture; museums and engineering. Work schedules may include weekends and holidays. Some positions require a valid, Cass of divers' licenses. Further details are adiabated as www.tow.notratic.ac. Go to "Town Hall", soroll down and click on "Employment Concortunities."

Neturning students MUST apply. Application forms are available on-line and at Town-Hall. The deadline for receiving applications is 5:00 p.m. FRIDAY MARCH 21, 2014. The Town of Fort Erie is an equal opportunity employer. Accommodation is available to candidates upon request.

#### **Employment Opportunity**

#### Director, Financial Services/Treasurer (Competition No. 01-2014)

Reporting to the Chief Administrative Officer, you will oversee the Town's financial affairs and perform the statutory duties of Treasurer. With the energy and enthusiasm to lead, motivate and manage a multi-faceted business unit, you will oversee budgeting, financial planning, reporting, accounting, revenue collection and expenditure control. Want to know more? Visit www.town.forterie.on.ca click on Town Hall, then Employment Opportunities. The Town of Fort Erie is an equal opportunity employer. Accommodation is available to candidates upon request. The deadline for receiving applications is NOON, Wednesday, February 19, 2014.

# LOWEST BUDGET INCREASE IN 8 YEARS FOR FORT FRIF RESIDENTS

At the February 10, 2014 Regular meeting, Town of Fort Eric Council approved the 2014 bereting and Capital Budgets. The Operating Base Budget of \$20.56 million came in at less than 2013 figures, mainly due to an increase in the Oritario Municipal Partnership Funding agneement with the Province. Additional Supplementary Budget requests, that were approved, increased the final General Lavy for \$215, million.

What this means for the median Town of Fort Erie household (assessed at \$177,550):

- Increase to the Town portion translates to a 2.72% increase (for Town services only)
   Total estimated "all-in" tax increase including the Region and Education portion is 0.93%
- Monthly impact on the total property tax bill for a median household is \$2/month and \$24/vear

Supplementary Budget items that Council did approve for 2014 include funding for the South Niagara Hospital, Capital Reserve funding and enhancements to the service levels for our parks, cemeteries, beacteries and trails that will be build for the Miser and improve our qualify of life. Council also restored the annual investment of \$800,000 in roads relabilitation, funding for the Kinsmen Pool, Ultrary part-time wages and benefits that will result in restoring services that were proviously lost, funding for an Inlegrity Commissioner and removal of the Bay Beach concession stand. A complete listing of the Stoolementary lems, hatteling 5840,500, can be found not Fount's web-site.

Council has also ensured that funding for the new South Niagara Hospital will continue based on the creation of a new South Niagara Hospital Reserve.

The Capital Budget of \$7.5 million includes key projects for 2014 such as the replacement of heavy rescue equipment used by the Fire Department, Ryan Avenue Uggnade, Thunder Bay stom severe and Schooley Road stoms sever outlet and drain. A number of additional municipal drains Wil also see capital works completed in 2014 including bearer Creek South Branch and Newharm and Zark Municipal Drains. The Oystal Ridge arena will see its roof replaced and a study inflation for the installation of solar panels. Water capital repolars include weatherman work on Beleview Boulevant, Hendershot Street, Hershey Street, Matthewson Avenue and Ridge Road South. A number of Relev Heides are also scheduled for replacement in 2014. Hunding for the Carthel Avenue Bridge replacement was removed from the Capital Budget as it has been deferred by the Region of Nagara with construction to have nown or provided from the capital Budget as it has been deferred by the Region of Nagara with construction to have nown in 2014.

For further details on the budget approval process, visit the Town of Fort Erie web-site at



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#### NOTICE OF PASSING OF A ZONING BY-LAW

Planning Act, 1990, c, P 13, ss.34(18), O.Reg, 545/06

APPLICANT: NIAGARA CATHOLIC DISTRICT SCHOOL BOARD AND FILE # 350309-0372 TOWN OF FORT ERIE

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 28-14 on the 10th day of February, 2014 under Section

34 of The Planning Act, 1990. ANO TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Town of Fort Erie not later than the 5th day of March, 2014, a notice of the appeal setting out the objection to the by-law and the reasons in support of the objection. Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order in this amount made payable to the Minister of Finance must accompany the Notice of Appeal. Only individuals, corporations and public

bodies may appeal a zoning by-law to the Ontario Municipal Board, A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice

of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the by-law was passed, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the coinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

An explanation of the Purpose and Effect of the By-law, describing the lands to which the By-law applies may be found below and a key map showing the location of the lands to which the By-law applies is shown above. The complete By-law is available for inspection in the Clerk's office during regular office hours and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

#### PURPOSE AND EFFECT

The purpose and effect of By-law 28-2014 is to amend Zoning By-law 129-90 (COMPREHENSIVE ZONING BY-LAW) by changing the zoning of lands shown on the location map above from "Institutional (f) Zone" to site specific "Residential Multiple 1 RM1-501 Zone"

The Lands shown on the location map are zoned site specific "Residential Multiple 1 RM1-501 Zone". These lands shall comply with the "Residential Multiple 1 (RM1) Zone, except for the following:

- a) The lands may only be used for the following uses: Single detached dwellings
  - Semi-detached dwellings
  - Street townhouse dwelling
  - anartment house
  - · assisted living house
- any purpose permitted by "Section 31.2 Permitted Uses" in the "Institutional I Zone"

b) The maximum building height of street townhouse dwellings and block townhouse dwellings shall be 1.5 etoreve

c) The provisions of "Section 15.3 Regulations for Apartment Dwellings and Second Level Lodging Houses" shall apply to the any apartment house or assisted living house located on the lands. d) The provisions of "Section 31.3 Regulations for Institutional Uses" shall apply to any Institutional use

#### Incated on the lands OTHER APPLICATIONS

The subject land is also the subject of approval of an Official Plan Amendment, File No. 350302-0085.

DATED AT THE TOWN OF FORT ERIE THIS 13TH DAY OF FEBRUARY, 2014 CAROLYN KETT, TOWN CLERK

#### NOTICE OF ADOPTION OF OFFICIAL PLAN AMENDMENT

Planning Act. R.S.O. 1990, c. P 13, ss.17(23), O.Reg. 543/06 APPLICANT: NIAGARA CATHOLIC DISTRICT SCHOOL BOARD (NCDSB) FILE # 350302-0085

ANO TOWN OF FORT ERIE

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 27-2014 being a by-law to adopt Amendment #21 to the Official Plan for the Town of Fort Erie Planning Area on the 10th day of February, 2014 under Section 22 of the Planning Act.

body may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Town of Fort Frie not later than the 5th day of March, 2014 a notice of the appeal setting out the reasons for the appeal and the specific part of the proposed official plan amendment to which the appeal applies. Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order made payable to the Minister of Finance must accompany the Notice of Appeal.



The proposed Official Plan Amendment #21 is exempt from approval by the Regional Municipality of Niagara. and the decision of Council is final if a notice of appeal is not received before or on the last day for filing a Notice of Appeal.

No person or public body shall be added as a party to the hearing of the appeal unless, before the plan was adopted, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

Only individuals, corporations or pubic bodies may appeal a decision of the Municipality to the Ontario Municipal Board. A Notice of Appeal may not be filled by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf.

#### PURPOSE AND FEFECT

The purpose and effect of Amendment No. 21 is to amend the Town of Fort Erie's Official Plan to change the land use designation of the lands shown on the map above from "Institutional" to "Special Policy Area 17" to redesignate the site to Urban Residential permitting Institutional uses in the existing buildings or additions thereto

#### INFORMATION WITH RESPECT TO THE AMENOMENT

Information pertaining to the proposed Official Plan Amendment application and the adopted Official Plan Amendment #21 is profibile of the Clerk's office and the Community and Development Services (Devartment during regular office hours, and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

#### OTHER APPLICATIONS

An application for Zoning By-law Amendment, File No. 350309-372, was approved by the Municipal Council of the Town Fort Erie on February 10th, 2014.

DATED AT THE TOWN OF FORT ERIE THIS 13th day of February, 2014. CAROLYN KETT, TOWN CLERK

# THE TOWN OF FORT ERIE

1 Municipal Centre Drive, Fort Erie, ON, L2A 2S6

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#### NOTICE OF ADOPTION OF OFFICIAL PLAN AMENDMENT Planning Act, R.S.O. 1990, c. P 13, ss.17(23), O.Reg. 543/06

APPLICANT: IRMA GIBSON

FILE #: 350302-0082

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 18-2014 being a by-law to adopt **Amendment #19** to the Official Plan for the Town of Fort Erie Planning Area on the 10th day of February, 2014 under Section 22 of the Planning Act.

AND TAKE NOTICE that any person or public body may appeal to the Ontario Municipal Board in respect of the by-lew by filing with the Clerk of the Town of Fort Erie not later than the 5° day of March, 2014 a notice of the appeal setting out the reasons for the appeal and the specific part of the proposed official olan amendment to which the appeal apolies.



Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order made payable to the Minister of Finance must accompany the Notice of Appeal.

The proposed Official Plan Amendment #19 is exempt from approval by the Regional Municipality of Niagara and the decision of Council is final if a notice of appeal is not received before or on the last day for filing a Notice of Appeal.

No person or public body shall be added as a party to the hearing of the appeal unless, before the plan was adopted, the person or public body made onal submissions at a public meeting or written submissions to the council or, in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

Only individuals, corporations or pubic bodies may appeal a decision of the Municipality to the Ontario Municipal Board. A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the droup on its behalf.

#### PURPOSE AND EFFECT

The purpose and effect of Amendment No. 19 is to amend the infilling policy in Section 4.6.3(a) of the Town of Fort Erie's Official Plan as it applies to the lands shown on the map above and limit the development of the lands to permit a maximum of three dwelling units or lots in accordance with the Growth Plan for the Greater Golden Horseshoe.

#### INFORMATION WITH RESPECT TO THE AMENDMENT

Information pertaining to the proposed Official Plan Amendment application and the adopted Official Plan Amendment #19 is available at the Clerk's Office and the Community and Development Services Department during regular office hours, and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

#### OTHER APPLICATIONS

An application for Zoning By-law Amendment, File No. 350309-363, was approved by the Municipal Council of the Town Fort Erie on February 10\*, 2014.

DATED AT THE TOWN OF FORT ERIE THIS 13th day of February, 2014. CAROLYN KETT, TOWN CLERK

#### NOTICE OF ADOPTION OF OFFICIAL PLAN AMENDMENT

Planning Act, R.S.O. 1990, c. P 13, ss.17(23), 0.Reg. 543/06

APPLICANT: NIAGARA CATHOLIC DISTRICT SCHOOL BOARD (NCDSB) FILE #: 350302-0084
AND TOWN OF FORT FRIE

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 20-2014 being a by-law to adopt Amendment #20 to the Official Plan for the Town of Fort Erie Planning Area on the 10th day of February, 2014 under Section 22 of the Plannina Act.

AND TAKE NOTICE that any person or public body may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Town of Fort Fien not later than the 5" day of March, 2014 a notice of the appeal setting out the reasons for the appeal and the specific part of the proposed official



plan amendment to which the appeal applies. Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order made payable to the Minister of Finance must accompany the Notice of Appeal.

The proposed Official Plan Amendment #20 is exempt from approval by the Regional Municipality of Niagara and the decision of Council is final if a notice of appeal is not received before or on the last day for filling a Notice of Appeal.

No person or public body shall be added as a party to the hearing of the appeal unless, before the plan was adopted, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the opinion of the Ontario Municipal Board, there are reasonable drounds to add the person or public body as a party.

Only individuals, corporations or pubic bodies may appeal a decision of the Municipality to the Ontario Municipal Board. A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf.

#### PURPOSE AND EFFECT

The purpose and effect of Amendment No. 20 is to amend the Town of Fort Erie's Official Plan to change the land use designation of the lands shown on the map above from "Institutional" to "Special Policy Area 16" to redesignate the lands to Urban Residential permitting institutional uses on the subject lands.

#### INFORMATION WITH RESPECT TO THE AMENDMENT

Information pertaining to the proposed Official Plan Amendment application and the adopted Official Plan Amendment #20 is available at the Clerk's Office and the Community and Development Services Department during regular office hours, and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

#### OTHER APPLICATIONS

An application for Zoning By-law Amendment, File No. 350309-371, was approved by the Municipal Council of the Town Fort Erie on February 10th, 2014.

DATED AT THE TOWN OF FORT ERIE THIS 13th day of February, 2014. CAROLYN KETT, TOWN CLERK

# THE TOWN OF FORT ERIE

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#### **NOTICE OF PASSING OF A ZONING BY-LAW**

Planning Act, 1990, c. P 13, ss.34(18), 0.Reg. 545/06

APPLICANT: NIAGARA CATHOLIC DISTRICT SCHOOL BOARD FILE # 350309-0371 AND TOWN OF FORT FRIE

TAKE NOTICE that the Council of the Town of Fort Erie passed By-law Number 21-14 on the 10th day of February, 2014 under Section 34 of The Planning Act, 1990.

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filling with the Clerk of the Town of Fort Erie not later than the 5th day of March, 2014, a notice of the appeal setting out the objection to the by-law and the reasons in support of the objection. Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order in this amount made payable to the Minister of Finance must accompany the Notice of Appeal. Only individuals, corporations



and public bodies may appeal a

zoning by-law to the Ontario Municipal Board. A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the by-law was passed, the person or public body made oral submissions at a public meeting or written submissions to the council or in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

An explanation of the Purpose and Effect of the By-law, describing the lands to which the By-law applies may be found below and a key map showing the location of the lands to which the By-law applies is shown above. The complete By-law is available for inspection in the Clerk's office during regular office hours and can also be found on the Town of Fort Erie Website: www.forterie.on.ca.

#### PURPOSE AND EFFECT

The purpose and effect of By-law 21-2014 is to amend Zoning By-law 129-90 (COMPREHENSIVE ZONING BY-LAW) by changing the zoning of lands shown on the location map above from "Institutional (I) Zone" to site specific "Residential Multiple 1 RM1- 497 Zone".

The Lands shown on the location map are zoned site specific "Residential Multinle 1 RM1-497 Zone". These lands shall comply with the "Residential Multiple 1 (RM1) Zone, except for the following:

a) The lands may also be used for any purpose permitted by "Section 31.2 Permitted Uses" in

the "Institutional I Zone", and b) The provisions of Section 31.3 Regulations for institutional Uses shall apply to any Institutional use located on the lands.

# CAROLYN KETT. TOWN CLERK

The subject land is also the subject of approval of an Official Plan Amendment, File No. 350302-0084. DATED AT THE TOWN OF FORT ERIE THIS 13TH DAY OF FEBRUARY, 2014

#### NOTICE OF PASSING OF A ZONING BY-LAW Planning Act, 1990, c. P 13, ss.34(18), 0.Reg. 545/06

APPLICANT: R. BRIAN MILLER (AGENT) FILE # 350309-0375

OWNER: BRAD PETTIT AND SUZANNE HEMMINGSEN 1514 HOUSE ROAD TAKE NOTICE that the Council of the Town of Fort Erie passed By-law

Number 17-14 on the 10th day of February, 2014 under section 34 of The Planning Act, 1990. AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the

by-law by filing with the Clerk of the Town of Fort Erie not later than the 5th day of March, 2014, a notice of the appeal setting out the objection to the by-law and the reasons in support of the objection. Any appeal must be accompanied by the Board's fee of \$125.00. A certified cheque or money order in this amount made payable to the Minister of Finance must accompany the Notice of Appeal.



public bodies may appeal a zoning by-law to the Ontario Municipal Board. A Notice of Appeal may not be filed by

P/2 Part 2 - Agricultural (A) Zone to Agricultural (A-193) Zone

an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the by-law was passed, the person or public body made oral submissions at a public meeting or written submissions to the council or, in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

An explanation of the Purpose and Effect of the By-law, describing the lands to which the By-law applies may be found below and a key map showing the location of the lands to which the By-law applies is shown above. The complete By-law is available for inspection in the Clerk's office during regular office hours and can also be found on the Town of Fort Erie Website; www.forterie.on.ca.

#### PURPOSE AND EFFECT

The purpose and effect of By-law 17-2014 is to amend Zoning By-law 129-90 (COMPREHENSIVE ZONING BY-LAW) by changing the zoning of lands shown on the location map above as follows:

Part 1 from "Agricultural (A) Zone" to site specific "Agricultural (A-492) Zone" subject to the following special provisions:

a) Notwithstanding the regulations of "Section 7.4 Regulations Except for Kennels, Farm Product Outlets and Greenhouses and Greenhouse Production Outlets and Farm Winery". the lands shown as Part 1 shall have a minimum lot area of 4.1 hectares

Part 2 from "Agricultural (A) Zone" to site specific "Agricultural (A-493) Zone" subject to the following special provisions:

a) Notwithstanding the regulations of Section 7.4 Part 2 may only be used for Agricultural

DATED AT THE TOWN OF FORT ERIE THIS 13th DAY OF FEBRUARY, 2014 **GAROLYN KETT, TOWN CLERK** 

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## **Meteors host Kids' Night**

Bring the youngsters and cheer on the Fort Erie Meteors during the junior B team's annual Kids' Night.

The Meteors are offering free admission to their game against the Buffalo Regals Saturday, Feb. 15

as part of the team's Kid's Night which kicks off at 7:15 p.m. at the Fort Eric Leisureplex.

"We're hoping people can come and support the team and bring a canned good for (Community

Program Outreach Erie) in exchange for free admission," team owner Tony Passero

Passero said the event will include

favourites such as the puck toss and the shoot-o-rama. For \$10, fans will be able to pur-

chase a program with tickets inside that will give them the opportunity to In past years, Passero said prizes have included DVD players, T-sbirts,

Sabres tickets, hockey equipment and Meteors' season passes.

Passero said fans of the junior B

team can expect to see an actionpacked game against Buffalo,

"We've always had really close games. This year we just happen to have the upper hand," Passero said.

> stand 4-0 in their series with Buffalo Ontario Junior Hockey League Golden

> Meteors

Horseshoe Conference. "We look forward to playing the m

(Buffalo) and we love it when the fans come out to watch us Passero said Kids' Night is an opportunity for families who don't normally attend hockey games to attend and

learn more about the team. "It's really a great night for everybody," Passero said.

"When the players skate on the ice and they see 400 to 500 people in the building, it really makes them excited." he added.

sarah.ferguson@sunmedia.ca

#### THE TOWN OF FORT ERIE

(905) 071-1600 \* Fex (905) 071-4022 \* WWW.firteds.or.or Energency Telephone information 905-071-1600 UDID Emergency information 91.7 Fm - 105.7 Fm - 610 AM



#### Did You Know?

The Town of Fort Erie has implemented a Drinking Water Quality Management System (QMS) and is committed to: o

continual improvement of the QMS



Your drinking water continues to meet or exceed all legislated Provincial Drinking Water Quality Objectives, Visit our website at www.forterie.on.ca for a copy of our 2013 Annual Water Quality Report, Our Certified Licensed Operators will conduct a site visit to your home if you have any questions regarding the quality of your drinking water.

#### Meteors lose battles with Thorold and Welland

Bernd Franke OMI Agency Niagara

With a 3-2 loss against the Thorold Blackhawks Saturday, the Fort Erie Meteors hoped for better luck when they visited the Rose City to face the Welland Junior Canadians Sunday night.

Brvan Komasara, a onetime Port Colborne Pirates forward who started the hockey season playing junior A in Boston, didn't leave his scoring touch behind in the move back to the Golden Horseshoe

Conference. Picking off where he left off last season when he netted 43 goals for the Pirates. Komasara had a hat trick Sunday night to lead the Canadians to a 6-2 victory over the visiting Meteors.

The three markers gave the Youngs Insurance Junior Canadians a 3-0 lead and extended the final-year forward's streak of scoring at least one goal to four games.

Komasara has 12 goals and four assists in 10 games since his rights were acquired from Port Colborne for cash and two prospects just before the junior B trade deadline. Cole McKnight, Miller

Hatten and Brayden Stortz. who took over as the team's top scorer with his 19th of the season, rounded out the scoring as Welland won its fourth in a row and earned at least a point in its last 10 games.

The whistle-to-whistle win, scored before an announced crowd of 429 at Welland Arena, improved the Junior Canadians' record to 26-14-0-6 and moved the team three points ahead of the Thorold Blackhawks in the to finish

third in the conference. Welland outshot Fort Erie 50-21 as it completed a sweep of the season series with the Meteors, six games to none, 12 points to two.

Braden Kavaratzis and Richard DeMarco scored for seventh-place Fort Erie. which fell to 12-27-0-5. Jeffrey Heartwell went the

distance between the pipes for the Junior Canadians, while Meteors starting goaltender Liam Conway, who began the season in Welland, was replaced by Matt Baker after allowing five goals and 36 shots. Welland went 2-for-8 on the power play; Fort Erie,

0-for-3. The Meteors' hit the road Tuesday to face Buffalo. Results were not available before press time but they are available online.

There are only four regular season games left in the season. The Meteors will host Buffalo Saturday night at 7:15 p.m. at the Leisureplex.

They go on to host Caledonia on Feb. 17. They hit the road on Feb. 20 to compete against Thorold and return home on Feb. 22 to host St. Catharines.



**COLLIN STACHURA Special to The Times** Fort Erie Meteors' Braden Kavaratzis celebrates his game-tving power-play goal with team-

> Real People. Real Weight Loss.®

mates, early in the third period. On Saturday night at the Fort Erie Leisureplex where the Meteors lost 3-2 to the Thorold Blackhawks.

You are invited to

an Open House! or a New Chapter

bernd.franke@sunmedia









**FORT ERIE** 

151 Gilmore Rd., Fort Erie

289-320-9090

LIONS CLUB OF FORT ERIE

Baked Ham Dinner

Friday, Feb 14th, 2014

Lions Seniors Centre at 265 High Street from 5 pm to 7 pm

Adults \$11.00

• Children (10 & under) \$5.00

Takeouts also available.

We hope to see you there.



Join us

# Here's to your ( )

Are your jaws a source of friction?

The grinding of teeth, also called bruxism, is a reflex which often begins with mild and infrequent episodes. However, when it occurs on a regular basis, bruxism can lead to complications which can cause damage to both the jaws and the

Although several causes are possible including stress, anxiety or anger, researchers have shown that a poor occlusion of the laws

could be the most probable cause of this health problem. The consequences of bruxism are numerous: premature wearing or abrasion of the teeth, headaches, chronic facial pain, sleep disruption and many others.

When bruxism becomes serious and causes damage or pain, it is time to seek help as, without professional assistance, the symptoms are sure to deteriorate rapidly.

#### A FEW TIPS

Try the following before taking the bit between the teeth...

- reduce stress levels: - reduce consumption of foods containing caffeine such as coffee, chocolate or soft drinks; - avoid chewing on objects other than foods (pencils for example);

- relax the jaw muscles before going to bed.

If none of these tricks work and you are grinding your teeth as much as ever, you will have to consult a dentist. This professional will be able to make you a protective dental appliance called a splint to be worn throughout the night and which will protect your teeth during episodes of teeth grinding.

#### Physical exercise in your workday

Human bodies are made to move. All it takes are a few minutes of physical activity every day to stay in shape and reduce the risk

of illness At work, we can take "stretching" breaks during meetings or, if it's appropriate, suggest a "walking" meeting to your work colleagues so you can get some fresh air and exercise while discussing business. And there's no need to wait until the elevator is out of order



encouraged to exercise by placing a notice at the bottom of the stairs suggesting they walk up rather than using the elevator.

We could also profit from replacing the coffee break with a walking break and by contracting abdominal and back muscles when working at a computer. What's more, why not

make physical activity one of the objectives of your work team? Getting to work on foot or by bicycle is another great way of staying in shape while economizing on gas consumption and giving a

helping hand to the environment. You have to take the bus or the car because of the distance involved? You could always get off two stops before your destination or park the car a ten minute walk away from the office. For other tips on how to get mov-

ing, you can visit the Web site of the Public Health Agency of Canada at www. phac-aspc.gc.ca.

Getting to work on foot or by bicycle is a great way of staying in shape.

#### A basic rule: get moving!

How do you reenergize yourself while burning off some calories? The answer is simple: get

Playing a sport is a sure way of staying in shape as it will burn fat reserves, increase the body's metabolism and keep your body trim. Exercise also helps to regulate appetite and contributes to general good health.

Not a sports fan? It doesn't matter! Many

activities, which at first glance seem insignificant, can make a big difference. These include playing actively with the children, gardening, dancing and even shopping. Not to mention the unavoidable task of housework. Boring? Not if we turn it into an intensive workout. That's right, cleaning the house can also be profitable for your figure! By using the entire body, housecleaning activities can burn calories as much as taking a walk - as long as you put your heart into it.

Lastly, to use your time efficiently, try to be active on a regular basis and exercise on an empty stomach to encourage your body to use up more of

your fat reserves. You could also combine several activities to develop all the different muscles in your body. For example, combine an endurance sport such as cycling or swimming with a daily activity you enjoy. Even hugging a loved one can burn calories and that should make anyone want to get moving!

Your best way of burning calories: participate regularly in physical activities you eniov and which can be



# fitted into your schedule.

#### A healthy man is twice the man!

Whether it's caused by fear or modesty, many men often hesitate before consulting a doctor about small health problems. Teased by wives who laugh about their "man-size" colds, men secretly accumulate supposedly inoffensive health problems. So, before these problems become more serious, do something about

First of all, as well as harming your general health, weight gain can seriously influence your physical condition. You run the risk of feeling more tired on a daily basis because of the excess weight. This fatigue can provoke digestive problems, insomnia, and moodiness, not to mention affecting your performance in bed. What's more, several heart problems are caused by excess pounds and a sedentary lifestyle. It isn't normal to live with disturbed sleep patterns, and gastric troubles or to be constantly in a bad mood. These are all symptoms of a more serious problem which you should talk about with your doctor. Baldness is hereditary, so many men cannot

escape it. However, hair loss can be forestalled by using appropriate products. But remember: hair will never grow back no matter what product you use. Above all, avoid wearing baseball caps all the time. You can also try food supple-



ments designed for hair or add vitamins B5. B6. B8 and H to your diet. These are perfect for a healthy head of hair as well as for your skin!



# Taking your health TO HEART



# Lower the volume and avoid hearing loss

When your son or daughter is listening to their iPod with earbuds, can you hear the music? It might he annoying, hui it might also he dangerous for your child. Hearing specialists have noticed an increasing tendency toward temporary or permanent hearing loss in young people who listen to music on iPods and MP3s at volumes that exceed safe levels.

Sound levels are measured as A-weighted decibels (dBA). Below 70 dBA, sound is not a risk factor in hearing loss, even with exposure over an extended period of time. At this level, the volume of sound can be compared to the noise heard in a car travelling on a highway, with the windows closed and the radio switched off. But when sound reaches 85 dBA or more, the

risk increases with the length of the period of exposure. That is wby many companies use this figure as a reference level wben limiting exposure to noise in the workplace.

In concrete terms, that means that listening to hard rock for 10 minutes at 102 dBA or being exposed for 6 hours at 86 dBA can lead to serious bearing loss, possibly permanent. In order to reduce these risks, music has to be kept at a safe volume.

Keep in mind that if a person one metre away from you has to shout to he heard, the sound level is probably higher than 85 dBA. Now, there's a statistic that everyone should hear!

Are young people listening to too much loud music? Consult a specialist if your teenager shows signs of hearing loss.



Independence means heing able to do what you want when you want. As we age, physical activity is an essential factor in staying healthy, independent, and maintaining a good quality of life.

According to the World Health Organization, 60 percent of seniors are inactive. A sedentary lifestyle can result in deterioration of hone density, muscular strength, flexibility, and cardio-respiratory capacity. In fact, physical inactivity can be as damaging to our health as smoking: now there's something to think about!

It's never too late to become more active. What's important is to start gradually. A few short exercise sessions during the day are as effective as a prolonged session. A bealthy diet will also shelp you to maintain your muscular strength, your immune system, and your balance. Avoid skipping mends, as this can cause weakness and dizziness and increase the risk of falling. Another important point to keep in mind is safety. Untreated hearing, and vision loss can be



dangers during physical activity. Always wear prescription and sun glasses and hearing sids. If necessary, think about using a walking sids or even a walker Make sure either is properly adjusted to the right beight and equipped with rubber end caps. If you're venturing out onto jey surfaces, wear non-sidd soles or carampons to the end of your walking stick to prevent it from slipping. In short, take good care of yourself because a leaf of resorted and the strength of the side of the strength of the side of the sole of the side of the sole of the sole of the sole of the side of the sole o

As we get older, physical activity is essential in order to stay independent and healthy.

#### Good for the morale

Are you feeling down? Try raising your spirits by choosing healthy foods that hoost your serotonin levels and get you feeling good again.

Serotonin is a neuroframenither that regulates several hody functions, including the gastrointestinal system, and that also bolds the key to our mood. Flax seed, wild fish, free range meat and eggs, huckwheat, and hanams are good ways to anturally hoost your serotonin levels. Some say that foods with high carbohydrate content, such as pasta, rice, potatoes, and couscous can also belp fight the huses—expectagly if combined with exercice.

Women who suffer from the discomforts of premenstrual syndrome are often advised to take vitamin B6 supplements. Research has proven that a B6 deficiency is associated with a decrease of sectotenin in the brain, resulting in a feeling of depression and rimbility. In order to get enough of this vitamin, women's diets should include plenty of meats, fish, nuts, grains, as well as wheat germ and legumes. Stress.

which increases magnesium loss, can also lead to mood sensitivities. That means that having fun, laughing, and exercise can help you feel hetter too. Good old comfort foods are

also great quick-fixes for your mood. Some of your grandmother's pancakes with maple syrup or your aunt's homemade chicken soup might help you to feel better for a while. If you have a sweet tooth, make sure your portions of cookies and cakes are small and that they're eaten at mealtimes instead of as snacks.

Add sunshine to your day by choosing foods known for their anti-depressant qualities.



#### Goodbye elevator - hello stairs ■■■

We all know that physical activity improves our health; the more regular it is, the more beneficial the effects. Since, on average, we spend two thirds of our lives at work, it is important to find ways to incorporate it into our daily schedules.

Using the stairs can make up a hig part of the 30 minutes of physical activity that we need cryp. Did you know that climbing stairs allows us to burn twice as many calorics as going for a walk? It increases cardio-resipatory endurance and improves muscle strength in the legs as well. Just think: climbing two flights of stairs every day could help you lose approximately 6 lbs per year. Six flights servey day could melt off 18 lbs.

Several studies show that the risk of suffering a stroke is tower in individuals who are in the hahit of using the stairs. Other studies found that workplace physical activity programs where employees were encouraged to use the stairs helped develop good

working relations, camaraderie, and team spirit.

If you've just spent a stressful fifteen minutes debating a point with a colleague, wby not use your coffee break to climb a few flights of stairs. It's a great way to

reduce stress and find your composure.

Another plus to stair climhing is that
it's often faster than waiting for the elevator, especially at husy times of the day.
There's nothing to stop you, then: no
special equipment is required, except for
two less and some determination. Get

ready, get set, start climbing! Using the stairs can increase longevity: another good reason to stop waiting around for the elevator!

#### COMMUNITY CALENDAR



#### **FEBRUARY 13**

TEEN BOOK GROUP What are you reading? Come chat about the books that are keeping you on the edge of your seat and make some new friends in the Teen Area at the Fort Erie Public Library Centennial branch. Snacks

available, Free, 3:30 p.m. AMAZING GRACE This biography/drama tells the story of William Wilberforce, the great British anti-slavery activist. Working with John Newton, slave ship captain turned repentant priest who penned "Amazing Grace," Prime Minister William Pitt, and Olaudah Equiano, the erudite former slave turned author, Wilberforce fights indifference and opposition determined to keep their exploitation safe. Nevertheless, Wilberforce finds the inspiration in newfound love to rejuvenate the fight with new ideas that would lead to a great victory

for social justice, 6:30 p.m.

#### **FEBRUARY 19**

RESEARCH AND RENOVATE historic homes. Keith Overend presents information on finding out about and fixing historic homes, the difference between renovation and restoration, and tips from his years of experience. A joint program with the Bertie Historical Society. Free, Fort Erie Public Library Crystal Ridge branch.

#### **FERRUARY 25** FREEDOM BOUND Lezlie Harper, former resident and descendant of a freedom-

seeker who settled in Fort Erie, visits the Fort Erie Public Library to talk about the history of the Underground Railroad in our community and our region. SOLUTIONS BUILT

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Celebrate black history month with us, Free, Centennial branch, 7 p.m.

#### EBRUARY

FREEDOM BOUND Music, food, friend chat for teens at Fort Erie Public Library Centennial branch's teen lounge, 3:30 p.m. Free.

#### **ONGOING**

SOCIAL GROUP

Drop in for a warm beverage and some lively conversation the first and third Tuesday of every month, 10 a.m. to noon, Bridges Community Health Centre, Fort Erie, 1485 Garrison Rd. No registration required. For more information call 905-871-7621.

VALENTINE CRAFTS at Fort Erie Public Library. All ages are invited to drop in for a free Valentine's craft. Stevensville branch: Feb. 13, 2 to 5:30 p.m.; Crystal Ridge branch, Feb. 13, 2 to 8:30 p.m.: Centennial branch, Feb. 14, 10:30 a.m. to 4:30 p.m. MAGIC TREE HOUSE

Read a book about Jack and Annie, do an activity, and collect passport stamps. For Grades 1 and up. \$2. Registration not required. Fort Erie Public Library, Crystal Ridge branch: Feb. 4, 4 p.m.; Centennial branch: Feb. 20, 4 p.m. LEGO CLUB

All ages are invited to join the Make It: Lego Club! Work together with others to create a Lego masterpiece! Parents are encouraged to stay through the meetings and build with their kids. Duplo also available, \$2: no registration. Fort Erie Public Library, Stevensville branch: Feb. S. 4 p.m.: Centennial branch, Feb. 14, 2:30 p.m.; Crystal Ridge branch:

Feb. 22, 2:30 p.m. GROCERY STORE TOURS

Discover how to make healthy food choices, read labels and shop on a budget. Offered by Bridges Community Health Centre Fort

Frie Tours will be schedules based on expressed interest. Call 905-871-7621 for more information.

BORN TO READ

For babies newborn through those about to take their first steps and their parent or caregiver. Bounces. tickles, rhymes, music, movement, book sharing and more. Participants should bring a small blanket and toy. \$2 per session. Pre-registration not required. Fort Erie Public Library Centennial branch. Thursdays, 1:30 p.m.

READY TO READ

Join us for reading, writing, talking, singing and playing - the five fundamental skills that get children Ready to Read! For children ages 1.5 and up. \$2 per session, Pre-Registration not required. Fort Erie Public Library. Centennial branch, Tuesdays, 10:30 a.m.; Crystal Ridge

branch, Wednesdays, 10:30 a.m. DIABETES HOT TOPICS

Topics to help people self-manage their diabetes. March 6, 3 p.m. to 4 p.m., Dental Care and Diabetes, with dental hygienist, Nancy Pierce, Call Bridges Community Health Centre Fort Erie at 905-871-7621 for more information. BRAIN EMPOWERING

Team support group for individuals with chronic health conditions, survivors of stroke, those with neurological impairments and volunteers. Weekly meetings in Fort Erie include speakers reading about health issues and discussions. New members welcome. Call 905-871-7510 or 905-871-3948

NIAGARA ACTION For Animals Bazaar every Saturday and Sunday and statutory holiday from 9 a.m. to 6 p.m. at the County Fair Mall. Proceeds to benefit local animals in need. For more information call Patricia Naylor at 905-871-7493

ALZHEIMER'S SOCIETY of Niagara Region support groups for care partners meet the first Tuesday of the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer

Richelieu. For Information, call

905-687-3914

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CHICKENINY BISCUITS DINNER

Chicken, Biscuits, Potatoes, Vegetables, Salad, Dessert and Coffee or Tea Tuesday, February 18th, 2014 4:30 to 7:00 pm **ADULTS** 

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now

Sundays at 11:00 am

905-871-8880 / 2669 Nilagara Parkway Sunday The Life Services of Jesus 9:00am & Part II 10:45am

Riverside Community Church

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Auto for Sale



as is, 39,000 miles, Estate Sale, runs well, interior cleaned and detailed, \$2,400 OBO. Please contact britmotors@juno.com (hobby email) or 1-716-548-6087. Car was licensed and is located in Eart Erie

R 

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Specious

# Fort Erie Times

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905-871-3100 ext. 201

Houses for Rent

FOR RENTI 3 Bedroom house 396 Bowen Rd. Fort Erie. \$950 utilities. Avail now 905-658-5637

LET'S ALL PART! PLEASE

RECYCLE

NOTICE TO CREDITORS AND OTHERS IN THE ESTATE OF MICHAEL THOMAS LILLIE

MICHAEL THOMAS LILLIE, late of the Town of Fort Erie in the Regional Municipality of Ningura, who died on the 25th day of November, 2013, are notified to send particulars to the undersigned on or before the 17° day of Murch, 2014 after which date the estate will be distributed with report only to claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim the undersigned shall not then have notice Detect this 40 day of Echanics, 2014.

Doniel Tamou I illie Estate Truste hy his solicitors Jones, Jamieson & Redekon 288 Ridge Road P. O. Box 340 Kielgeway, Ontario LOS 1NO

THE BERT MILLER NATURE CLUB OF FORT ERIE NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the members of THE BERT MILLER NATURE CLUB OF FORT ERIE will be held at the clubhouse of the

Fort Erie Conservation Club, 2555 Ott Road. Stevensville Conservation Area. Stevensville. in the Town of Fort Erie, Ontario, on

Monday, the 17th day of February 2014, at 7 p.m., for the purposes of

· Considering the financial statements of the Corporation for the financial year that ended September 30, 2013:

- . Electing the Board of Directors and the officers of the Corporation; and
- · Dealing with such other business, if any, as may be properly brought before the meeting.

By order of the Board of Directors February 3, 2014

All persons having claims against the Estate of

ELIZABETH CHARLOTTE ANN EVERETT, also known

as RETTY EVERETT late of the Town of Fort Pric in

the Regional Municipality of Ningara, who died on the

13th day of October, 2013, are notified to send particulars to

the undersigned on or before the 17th day of March, 2014,

ofter which date the estate will be distributed with record

only to claims of which the undersigned shall then have

notice, and the undersigned will not be hable to any person

of whose claim the undersigned shall not then have notice

Dated this 4th day of February, 2014.

Jones, Jamieson 388 Ridge Road P. O. Box 340

Bruce Mark Reaman and Julic Anth-Estate Trustees by their solicitors Jones, Jamieson & Redelson

NOTICE TO CREDITORS NOTICE TO CREDITORS AND OTHERS IN THE ESTATE OF AND OTHERS ELIZABETH CHARLOTTE IN THE ESTATE OF ANN EVERETT, also known as BETTY EVERETT ROBERT ALEXANDER STEVENSON

All persons having claims against the Estate of ROBERT ALEXANDER STEVENSON, late of the Town of Fort Erie in the Regional Manacipality of Nugara, who died on the 28th day of December, 2013, are sprifted to send particulars to the undersigned on or before the 17th day of Murch, 2014, after which date the estate will be distrib with regard only to claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim the undersigned shall not then

Wayne H. Redekop, Estate Trustee Jones, Jamieson & Redekop 288 Ridge Road P.O. Ben 340

Ridgeway, Ontario L6S 1NO

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Birthdays Birthdays **ELSIE PIETZ** Sirthdays HAPPY 90TH February 13th Thank you for your devotion, affection, love & respect

Happy 13th on the 13th! Gabriel Lots of love

Mom, Dad, and Chloe

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OPEN HOUSE celebrating his 80th Birthday Sunday, February 16 1 - 4 pm at Crystal Ridge Community Centre, Ridgeway Best Wishes Only

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Marking your milestones.



MORRISON, John J. - With heartfelt sorrow the family announces the passing of John at his home, as per his wishes, on Saturday, February 8th, 2014. He was the beloved husband and best friend of 34 years to Nancy (Bean). Loving father of Michael (Colleen) and Daniel and loving step-father of Derrick Utvich and Craid (Patti). Cherished grandfather to Eric, Cora, Heather, Amanda and Tyler. He was predeceased by his mother Gwen and stepfather Bill Whitney and his beloved pet Casey, John retired from Ontario Northland and he was part owner of North Bay Outfitters. He had a magnetic personality and was respected in the community. A funeral service will be held at the Jehovah's Witness Kingdom Hall, 1120 Premier Rd., North Bay on Saturday February 15th at 1pm, in lieu of flowers donations to the North Bay Humane Society or SPCA (cheques only) in memory of John will be gratefully acknowledged. Funeral entrusted to HILLSIDE SERVICES.

condolences can be made at

LUCAS, Robyn Nicole - Peacefully at home on Monday February 3, 2014 at the age of 37. Beloved daughter of Randy and Marilyn Lucas and cherished sister of Ryan (Katherine). Dear aunt to Riley and Carrie. She will be sadly missed by her Grandma Grace Lucas, many aunts, uncles, cousins and friends. Robyn was predeceased by her sister Andrea (1979). WILLIAMS FUNERAL SERVICES, 722 Ridge Rd. N, Ridgeway entrusted with arrangements. Visitation was held on Friday February 7th from 11 am until service time at 12 o'clock in the Williams Chapel. The family requests that donations be made to the March of Dimes in lieu of flowers.

www.hillsidefuneral.ca



Obituaries | In Memoriam | Thanks | Births | Celebrations | More

Obituaries McKINLEY, Glenn Lorne - Peacefully at his residence, surrounded by his loving family, on Tuesday February 4, 2014 Beloved husband of Maxine. Dear father of Michael McKinley (Mary Beth) of Fort Erie and Linda Francis (Mike) of Brantford. Loved grandfather of Dodie (late Bob Barker), Carrie (Scott), Michael Jr. (Lesley) and Clinton (Heather). Great-grandfather of Oriana, Peyton, Ella Rose, Sophrona, Emellia, Austin, Hunter, Morgan, Cameryn and Braedyn. Also Surviving are many

nieces and neohews and his dear friend Chris. Glenn was a dedicated employee for 29 years with the Town of Fort Erie. BENNER FUNERAL SERVICES, 1105 Benner Rd., Fort Erie entrusted with arrangements. The family will receive friends at the funeral home on Friday from 7-9 p.m. There will be a service in the chapel on Saturday February 8, 2014 at 11:30 a.m. Interment will follow at McAffee Cemetery. As an expression of sympathy, donations to the Canadian Canoer Society. Condolences at www.bennerfuneralservice.com

WESTCOTT, Spencer - Peacefully at the Greater Niagara General Hospital on Tuesday, February 11th, 2014 at the age of 87. Beloved husband of the late Dorothy. Sadly missed by his good friends Diane and Gareth Cullis and their sons Josh and Luke. Spencer will be remembered by many from his days working at Rich's Products, Fort 722 Ridge Rd. N. Ridgeway entrusted with arrangements. Visitation will be held on Saturday, February 15th from 10 am until service time at 11 o'clock in the Williams Chapel, Interment will follow at Overholt Cemetery. Donations can be made to the Greater Niagara General Hospital



Obituaries PIEHL-BREITKREUZ, Irmgard Olga -Passed away On Friday February 7, 2014 at the Douglas Memorial Hospital in Fort Erie. Predeceased by her husband the late Gerhard Piehl (1985) and her second husband Paul Breitkreuz (2003). Loving mother of Eva Gutbrod and her husband Karl of Fort Erie and the late Esther Alice Piehl (1974). Dear grandmother of Carl Christopher Gutbrod and Esther Larissa Carmilani (Scott). Great-grandmother of Brianna Kate, Abigail Lauren and Emma. Raine. Surviving are her sisters Traute, Herta, Ruth and Ursula. Predeceased by her sisters Erna & Alice and her brothers Rudy and Helmut, BENNER FUNERAL SERVICES, 1105 Bennar Ava. Fort Erie, has been entrusted with the arrangements. Friends are invited to meet with the family at First Baptist Church, 165 Bertie St, Fort Erie, on Wednesday February 12, 2014 from 9:30 to 11:30 a.m. The funeral service will then follow in the sanctuary beginning at 11:30 Interment for the immediate family will follow at McAffee Cemetery. As an expression of sympathy, donations to Gideons, Canada Blind Mission or

Samaritan's Purse would be appreciated Condolences at www.bennerfuneralservices.com



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Williams Funeral



HARTMAN, James Arthur - On Friday February 7, 2014 at the Douglas Memorial Hospital in his 86th year. Beloved husband for 65 years of Margaret (Parson). Dear father of William "Bill" Hartman (Diane) of Stevensville, Debi Lucas (Paul) and Bev Blair (Dan) all of Fort Erie. Beloved grandfather of Jillian (Jamie), Scott (Michelle), Kati (Greg), Davna (Will) and Bryan (Jackie). Great-grandfather of 11. Predeceased by his sister Patricia Lubberts whose husband John resides in Ridgeway. grandson Kevin Hartman and great grandson Titus Grelowski. James was a Canadian Customs Officers at the Peace Bridge for more than 30 years. He was an avid hunter, fisherman and wood carver. He was a proud founding member and past president of the Stevensville Conservation Club and a member of the Stevensville Carvers Club. Above all he was devoted husband, father and grandfather. BENNER FUNERAL SERVICES. 1105 Benner St., Fort Frie has been entrusted with funeral arrangement. Cremation has taken place. A family service with close friends will be held on Monday February 10, 2014 at 2 p.m. at St. Johns Stevensville United Church. 14789 Sodom Rd, Stevensville, ON,

Entombrent of the ashes will follow at McAffee Cemetery. As an expression of sympathy donations to the Stevensville Conservation Club would be appreciated. www.bennerfuneralservice.com

Condolences at

Johns, Thomas P. (75) Dr. of Oothamology (retired) of Buffalo, Fort Erie and Beloit, Wisconsin. Passed on January 30, 2014 in Wausau, WI. Tom had remained in care since an auto accident in November 2012. Predeceased by his loving parents Wm. 'Bill' & Rhoda Johns of Fort Erie, ON; his brothers: Wm. 'Jimmy' and Mark and his sisters: Bette (John) Craft and Rhoda (late Albert) Mangus Beloved brother of Joan Barton-Johns, David (late Patricia and Ginette) Johns; Judi (Wayne) Spear and Richard 'Joey' (Violet) Johns. Tom is survived by over 2 dozen nieces & nephews and nearly 40 great-nieces & great-nephews. He will be missed greatly by many dear friends in the Niagara and Beloit areas A family service will be held at McAffee cemetery for both Tom and his sister Rhoda Mangus, in the Spring. Memorial donation to the Diabetes Foundation or the S.P.C.A. would be appreciated by the family.

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In Memoriams

In Memoriam

Bellefontaine, Margaret

She was taken without warning Her going left hearts filled with pain But though she is gone from amongst us

In our hearts she will always remain

Love 4ever Terri, Ernie, Bryan, Jason, Jil and Jaelynn Margaret



Clark Hill In loving memory of a loving husband, other and grandfather, who passed away

God took him home, it was His will But in our hearts we love him still, His memory is as dear today As in the hour he passed away. We often sit and think of him When we are all alone.

Sadly missed and lovingly remembered b

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# MINOR BASEBALL ASSOCIATION

# **2014 Player Registration**

Registration Fees
T-BALL\$55
Born 2009-2011 (Ages 3-5) Must be 3 before May 20th
ROOKIE BALL
Born 2006-2008 (Ages 6-8)
MINOR/MAJOR GIRLS\$100
Born 2001-2005 (Ages 9-13)
SENIOR GIRLS\$100
Born 1995-2000 (Ages 14-19) Must still be 19 before May 20th
PEE-WEE BOYS\$100
Born 2001-2005 (Ages 9-13)
BOYS BANTAM - TRAVEL INTERLOCK\$150
Born 1999-2000 (Ages 14-15)
BOYS MIDGET - TRAVEL INTERLOCK\$150
Porn 1006 1009 (Agos 16 19)

#### **Registration Dates**

~ NOTE: MARCH 22ND IS FINAL REGISTRATION ~

Saturday, March 1st 10am - 2pm - Leisureplex

Saturday, March 15th 10am - 2pm - Leisureplex

Saturday, March 22nd 10am - 2pm - Leisureplex



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